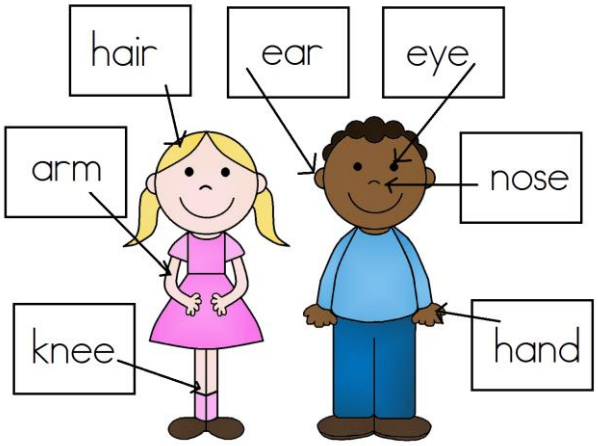
Key learning:

- My body
- My senses
- My family and my home
- Being healthy
- My day and night routines

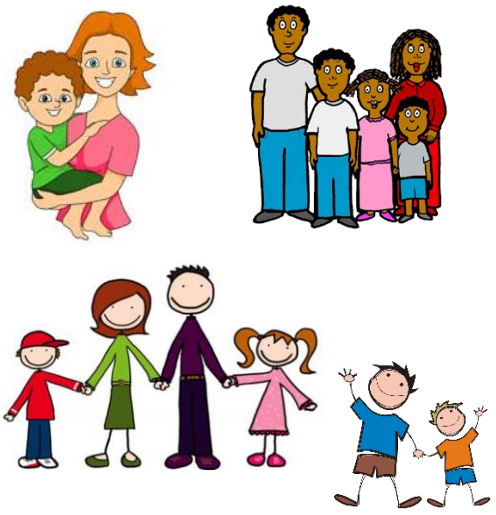
My body:



Other key words:

Face, mouth, legs, feet, tummy, clothes, shoes

Who is in my family?



Our families might be *different*

For a healthy body we need:

To eat a healthy range of foods

Exercise

To drink lots of water

To keep our body clean and brush our teeth

Sleep

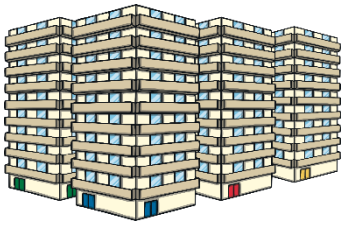








Our homes may also be different:



How do we know if it is day time or night time?



Key words:

Light, dark, sun, moon, stars, sky

Morning routines:






Getting up, eating breakfast, brushing your teeth, brushing your hair, getting dressed

Bedtime routines:






Having a bath, brushing your teeth, wearing pyjamas, having a drink, bedtime story, going to bed